POISON with a capital C

A Case Against Coffee & Other Brown Drinks

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She Wished For Death

This is a true case history; only the setting and name have been changed.

Madge Branaka had worked for the Barnum and Bailey circus for many years. And although the excitement of the road, the animals, the people, the circus atmosphere had given her great pleasure, she had been looking forward to retirement for years so that she and her accountant husband could have a vegetable garden and flowers around a home in Louisiana. A few months before retirement, Madge began experiencing an inability to sleep. If she got three hours of sleep a night she considered herself fortunate.

She was always tired—more tired than she felt could be due to sleep loss. She had always been able to tolerate the long days and short nights during her hectic years with the circus, but never had she experienced such overpowering fatigue. Most of her muscles ached; and headache, backache and an uncomfortable feeling in her stomach were constant companions. She added medication upon medication in a vain attempt to rediscover what it was like to feel normal again. The specter of cancer then began casting its dark shadow in the gray recesses of her mind. Fear dimmed her hopes for the vegetable garden of her dreams. One day she sat down to write her sister. Balancing a pad on her knees she immediately became aware that her legs, which had been "nervous" for several months, had become so uncomfortable that she could not keep them still long enough to write "Dear Sally." She felt dismal over her physical plight. She knew that something must be done, but was afraid to face the diagnosis she believed to be inevitable.

A visit the next week for a physical exam failed to reveal anything significant. After being told she had negative laboratory tests and x-rays, she began taking sleeping pills. Six years and six physicians later only found her in a much worse physical and mental condition. Madge had hit bottom; she now wished for death. At this point she decided, out of desperation, to take a friend's advice and go to one of those "natural" health places. She was directed to our Lifestyle Center in Alabama called Uchee Pines Institute, where medical doctors and their assistants use natural remedies and lifestyle counseling to treat disease.

Within a week of her arrival at Uchee Pines she was drug-free, beginning to feel comfortable, and could sleep five or six hours each night. Madge no longer wished for death. For the first time in years she could think favorably about working in a vegetable garden.

In Madge's case, a life-long enjoyment of and dependency on coffee had caused a sleep-robbing condition called "Restless Legs Syndrome." That, coupled with her poor diet, consisting largely of sweets, TV dinners, and boxed cereals, caused her to be so run down, weak and nervous, that she preferred death to her poor level of health. Today Madge works every day in her garden and produces the most brilliant array of old-fashioned yard flowers in Louisiana. Once a week she takes a four mile walk, just "so she can remember her friends at Uchee Pines." She is quick to admit that her worst enemy is a brown drink—coffee.

Restless Legs Syndrome is only one of the multitude of chronic conditions, many of which are disabling, known to be food related. Others include migraines, cystitis, bedwetting, asthma, irritable bowel syndrome, fatigue, sleeplessness, sleepiness, etc.

Methylxanthine— Name of an Enemy

The "brown drinks" are an insidious army of substances related to each other by their similar style of clandestine warfare against the human body. Like the sirens of Greek mythology who tempted mariners to sure destruction by their singing, the brown drinks are every bit as bewitching. Their song is sweet, but the end is bitter indeed.

One of the elementary rules of warfare is to be able to know and identify the enemy. The brown drink army includes coffee, tea, colas, and chocolate. These beverages possess many different types of chemicals capable of injuring the human body, the best known class falling in the category of methyxanthines. When we name one of the brown drinks in this book—let us say coffee—we could justifiably substitute one of the others—say tea or chocolate. It is reasonably common knowledge that substances containing the naturally occurring chemicals in the family of methylxanthines (caffeine, theobromine, and theophyllin) cause injury to the body. It is not so well known by many that these effects are widespread, extending from scalp to sole. The reason for this widespread damage is found in the nature of methylxanthines, their uncanny ability to alter the protoplasm of cells and even attach or concentrate in cells for an unknown period of time, possibly for the lifetime of the person. Remember that name - methylxanthines, with its family of chemicals. You may hear it again as more research is done on some of America's favorite drinks.

Caffeine

Caffeine and other methyxanthines and purines are believed to be converted into uric acid in the body. Uric acid is the substance causing gout, a very painful type of arthritis. Then, beside causing the gout, caffeine and its breakdown products are capable of interfering with laboratory determination of the uric acid level in the blood, and may actually cause a missed diagnosis of gout because of a false low reading of uric acid. It can be said that coffee deceives the laboratory.[1]

The brain is carefully protected by nature from being stimulated or irritated by any and every chemical that happens to be in the bloodstream. This protective barrier is called the "blood-brain barrier." Caffeine seems to sneak past the "blood-brain barrier" to stimulate the brain cortex where thoughts are made, and the brain medulla where body functions are regulated. Uric acid however, is excluded by the blood-brain barrier.

With caffeine, the immediate effects begin shortly after taking the drink or medication containing caffeine, and will last about four hours. As could be expected, some of the immediate effects are imperfect balance, racing of the heart, high pitched or abnormal pitch of the voice, insomnia, racing but disconnected thoughts, poor memory, fatigue and finger tremor. Some will experience an unexplained sense of dread and anxiety. Other symptoms may be delayed for hours or several days and include sleep disturbance, memory disturbance, headache, restlessness, heart palpitations, tremulousness, unsteadiness, vertigo, reflex hyperexcitability); irritability, agitation, anxiety, restless legs and general discomfort.[2]

The type of the beverage or medication and the quantity taken will determine the degree of the unwanted reactions. Most people feel that when these unpleasant symptoms have worn off the ill effects of caffeine have stopped. Such is not the case, however, since there are also long-range effects of caffeine use. Every type and stripe of disease has been ascribed by researchers to the brown drinks.

Chemical Reactions, Toxicities, and Diseases:

A Titanic Course

Those who use the brown drinks are on a Titanic course with a diabolical ice berg. Symptoms usually become manifest only after much damage has already been done "below the surface." But it is worth the effort and time to investigate the hidden problems of the brown drinks. For years we have heard coffee referred to as an "eye opener", but now we really want to open your eyes to the danger lurking in your cup.

Besides many other harmful actions, methylxanthines also cause an increased accumulation in the body's cells of cyclic AMP (adenosine monophosphate), a substance essential to energy production in the body. There is a "striking net secretion (of cyclic AMP) in the jejunum (the second division of the small intestine) which lasts at least 15 minutes after the administration of caffeine in quantities resembling that in beverages or medication. Baseline absorption in the jejunum is 0.5 ml of secretions per centimeter of jejunum per hour. This absorption rate is increased by taking a cup of hot chocolate or coffee, so that the net secretion becomes 6.0 ml per centimeter of jejunum per hour! That is a 12-fold increase. Caffeine also interferes with the secretion in the ileum (the last division of the small intestine). It is possible that methyxanthine induced small intestine secretion may play a role in the symptoms experienced by some patients with functional diarrhea."[3]

In other words...

...when a person drinks tea, coffee, colas or chocolate, the entire small bowel is able to absorb this energy-producing substance called cyclic AMP 1200% more effectively. Most people would think that sounds great, but it's somewhat on the par with putting mothballs in your gas tank with the gasoline. You may have a lot more energy for a little while, but would soon burn out your engine. You would be justifiably reluctant to do something to your car that might lead to a large repair bill. But how much are you willing to pay for your heart attack, or to try to get that cancer removed?

Caffeine is classified as one of the most popular mind-affecting drugs in the United States today, along with nicotine and alcohol. Many people feel less alert, less contented, more sleepy and irritable when in a withdrawal period from caffeine. There are at least 100 harmful chemical components in coffee including acetaldehyde, acetic acid, ammonia, carbon disulfide, catechol, ethanol, methanol, naphthalene, phenol, and hydrogen sulfide, all combining to make your body an unwitting and perhaps unwilling apothecary.

Caffeine stimulates all portions of the cerebral cortex. The fatal dose is 10 grams, the amount in about 70 cups of coffee. Many people take about 1/10 the lethal dose every day, and even in one cup of coffee lurk substances that seriously alter the body. Women who drink only one cup of coffee per day have almost three times greater risk of getting bladder cancer than abstainers! Thirteen of fourteen women who reported drinking seven or more cups of coffee daily during pregnancy reported miscarriages, fetal deaths or stillbirths.[4] There is increased risk for men also.

Caffeine is rapidly and completely absorbed from the gastrointestinal tract and passes through the central nervous system, having an average half-life of 3.5 to 4 hours. The half-life is the length of time the body requires to rid itself of half of a poison or drug. Even after the drug is being broken down by the body's defense mechanisms, the damage has not stopped as the breakdown products of caffeine are also poisonous. They interfere with an enzyme which converts adenosine monophosphate, an essential chemical in the body's energy cycle, resulting in reduced energy. The person is then running on nervous energy. So in effect, caffeine has a roller coaster effect on the unwary victim—first a cheap high brought on by the caffeine-induced absorption of cyclic AMP, and then the resultant letdown as the breakdown products of caffeine block energy production in the body.

The roller coaster continues as calcium falls and phosphorus rises upon withdrawal of caffeine. Now nutrient imbalance adds its weight to the overall problems, causing increased risk of blood clotting, abnormalities, thinning of the bones, nervous fatigue, and mental problems such as depression.

Restlessness and inability to concentrate are other stopping symptoms, seen after only a few hours of withdrawal. While it has been said that caffeine increases the ability to concentrate, that is only temporary. The overall effect is that of reduction in ability to concentrate because of the interference with brain and body energy systems and the short length of the stimulatory effect.[5] Long term memory is impaired for certain data and events, and job performance and professional advancement are not as good in coffee drinkers as in abstainers.[6]

Caffeine is often used by athletes to improve the use of fat as fuel for long sustained muscular activity thus sparing sugar which can be reserved for sudden bursts of extra activity or so the theory goes. But a little overshooting and the caffeine interferes with performance, brings anxiety fluid loss, and increased risk of other emotional problems.[7]

Caffeine is a tasteless chemical, a natural constituent of a number of plants including coffee, tea, cola nuts, cocoa bean and mate. Some painkiller tablets contain aspirin and 15 to 30 milligrams of caffeine. Certain stay-awake preparations on the market contain as much as 110 milligrams of caffeine per tablet.[8]

Caffeine acts as a direct stimulant to the heart muscle. It relaxes the bronchial tubes by direct action. It has a diuretic action (tending to increase the flow of urine) by interference with the function of the renal tubules, and it causes direct blood vessel dilation in the skin, especially of the nose, by direct action on the arterioles. And when it gets to the heart, instead of dilation, it unfortunately causes constriction of the arteries, which is a very unwanted property. Caffeine stimulates the medulla in the brain, affecting principally the respiratory center.[9] It also increases the load on the heart by speeding up the rate and raising the blood pressure—and this while it reduces the heart's own blood supply, making it labor at a disadvantage.

Coffee stress to cells of the pancreas possibly compounds diabetes. In mouse experiments, coffee makes diabetes much worse.[10] Caffeine impairs the glucose tolerance test, especially in pregnancy.[11] It can be considered a risk factor in the production of diabetes.[12] Caffeine causes extra beats of the heart and accelerates the rate. It raises blood pressure, interferes with sleep, raises the free fatty acids in the blood.[13]

Chlorogenic acid in coffee causes some of the most intense food allergies encountered in medical practice.[14] It is reported that fluid retention is a side-effect of caffeine. One patient had fluid retention for 10 years, which immediately cleared up when she stopped using coffee. Within five days she reported that she felt more relaxed than she had for years, and that her fluid retention had disappeared.[15]

Coffee causes dizziness, unsteadiness on the feet, restlessness, depression, anxiety; hostility, circulatory problems, irritability bladder and ovary cancer, birth defects and peptic ulcers."[16] [17] [18] [19] (**IT IS NO FRIEND!**) The use of caffeine drinks and medications for colds and headaches containing caffeine are also strongly related to the development of premenstrual syndrome (PMS), according to a study of 295 Boston College sophomores.[20] And coffee drinkers, as compared to non-coffee drinkers, have a greater incidence of overweight, consume more alcohol and smoke more cigarettes, and have a lower occupational status."[21]

Coffee is the principle source of the caffeine consumed in the world today. There is also caffeine in colas, tea and chocolate. The Cafe Mundial or World Coffee organization controls 59% of the 4.5 billion dollar annual trade in coffee, the second largest commodity in world commerce (only after oil). Its commerce accounts for the fact that this health-destroying beverage is allowed to continue to contribute heavily to the composite illness in this country. The revenue obtained nowhere near covers the bill for the sicknesses coffee causes.

Heart & Circulatory Effects of Caffeine

In one experiment, using a 250 milligram test dose (remember that a single cup of coffee contains 100-160 mg.), caffeine increased plasma renin activity by 57%, plasma norepinephrine by 75% and plasma epinephrine by 207%.[22] These substances are a kidney hormone, a brain hormone and an adrenal hormone, respectively. The interaction of all these hormones makes a condition favorable to the increased production of blood fats, and all this merely by drinking a cup of coffee.[23] Chronic diseases are more commonly contracted by those using coffee, tobacco or both,[24] doubtless due to the burden placed on the body by the hormonal changes, all of which take place more or less unannounced to the person who blissfully drinks away. Patients with acute myocardial infarction have been found to have been drinking appreciably more coffee than a control group whose coffee consumption was much less.[25] [26]

Researchers have found a correlation between the consumption of two or more cups of coffee daily and elevated cholesterol levels. Eight or more cups of coffee daily can trigger anxiety, nervousness, fear, nausea, and restlessness in patients suffering from panic disorder. A third study showed that drinking 5 or more cups of coffee daily increases one's risk of heart problems 2.8 times.[27] [28] [29]

Because of the profound changes mentioned above, it certainly does not seem strange that caffeine increases catecholamines, the chemicals that form in the brain when the mind is under stress. Catecholamines alter the ability of the blood to clot, an important factor in heart attacks. Catecholamines raise blood pressure, interfere with sleep, and increase fats within the blood. These factors contribute to the faulty and fabricated thinking which occurs under the influence of caffeine. And they are certainly among the causes of fatigue.

Three hours after caffeine consumption in one study, urine samples contained a significant excess of calcium, chloride, sodium and magnesium.[30] The loss of these minerals affects bones, muscles, skin, blood—virtually all body tissues. The accumulated effect of this drain, cup after cup, day after day can result in long-term or permanent damage to the human organism, the price of indulging a habit requiring so many additives just to make it palatable.

Mental Symptoms Associated with Caffeine Use

We have already mentioned the immediate symptoms of coffee drinking which include nervousness, missed or extra beats in the heart, abnormal activity of the gastrointestinal tract, increased urine flow, increased finger tremor, among other symptoms. These effects are generally followed in about 2 1/2 hours by the delayed immediate effects consisting of fatigue, weakness, irritability and depression. Classic symptoms of anxiety are other side effects of caffeine use. The long-range effects are those that involve the chromosomes of cells, the learning process of the brain, and many other activities in the body's physiology. Gut understanding of the neurological effects of caffeine has more recently focused on the chronic rather than the acute complications.[31] [32]

Caffeine produces a significant slowing down of the blood flow to the brain. When caffeine is discontinued, blood flow to the frontal lobes of the brain is greatly increased. Don't forget that caffeine is found not only in beverages, but also in over-the-counter cold and headache medications.[33]

While it has long been understood that coffee does not help one to sober up, it is now believed to have the reverse effect, actually increasing the effects of alcohol![34] It has not been recognized as it should have been that the hospital dieticians and nurses are dispensing pharmacologic doses of caffeine to patients in the form of coffee, colas, tea, chocolate, and cocoa at the same time the pharmacist is dispensing caffeine-containing drugs.

Irritability of the nervous system occurs both as a result of the stimulatory effect of caffeine as one takes the drink, and also as a part of the withdrawal effects. These factors both add to the total irritation and frustration experienced by Americans. We believe caffeine adds prominently to the "violent society" which has mushroomed in the U.S. in recent years. Soaring child abuse is seen as a sad and senseless reflection on the violent society. The part played by caffeine cannot be overemphasized.[35]

In one hospital almost one fourth of patients admitted to a psychiatric ward were found to be heavy users of coffee, and showed much greater anxiety levels than other patients.[36] [37] Caffeine produced changes in standard brain wave sleep patterns of normal adult males when they were monitored in a sleep laboratory. The changes indicated sleep disturbance. Sleep disturbances lead to mental illnesses, poor judgment, loss of memory, agitation, poor disposition and hostility. Four cup equivalents of coffee were used in the experiment in the sleep laboratory. Decaffeinated coffee had no effect on sleep patterns in these studies, so we can assume it was the caffeine that altered the brain. The many other components of coffee cause other serious abnormalities and disabilities.[38]

When one is under stress, a group of hormones are produced by the brain and some other organs. These hormones circulate in the blood and some naturally spill over into the urine. These hormones, as a group, are called catecholamines. Urinary catecholamine excretion is understandably increased by drinking coffee even in moderate amounts[39], meaning that stress hormones are being produced in the body. In many studies, both anxiety and depression have been associated with high use of coffee in patients admitted to psychiatric wards.[40] Pavlov trained dogs into a habit; he found that the addition of coffee made the habit very hard to break. Pavlov called coffee "bad habit glue." One wonders if the widespread, intense and tenacious addictions we find today are intensified by the almost universal use of the brown drinks.

Caffeine and Cancer

It is believed that more than 90% of cancer could be prevented if we practiced what we already know about cancer prevention. For decades, tobacco use has been strongly linked to the development of cancer. Alcohol use has been associated with certain cancers. Many drugs have been implicated as cancer producers. There is now at least as much evidence to suggest that caffeine also causes cancer.

It has been known for at least two decades that caffeine is a mutagen, or a chromosome splitter. This action of caffeine makes its use exceedingly undesirable for those who are very young or still in the child-bearing age. And of course, as soon as the child-bearing age has passed, one enters the cancer age. Therefore, one must face the fact that there is really never a period in the lifetime of an individual when it is safe to use caffeine. The equivalent of 8 cups of coffee or 11 cups of tea significantly stimulates the rate of mitosis (cell division) of human lymphocytes,[41] and long before laboratory measurements can be picked up by laboratory machines, the lymphocytes are feeling subtle effects.

Mitoses are permanent, abnormal changes in cells, which, if they occur in the unborn child, can result in birth defects. It is no happenstance that we are seeing an explosion of inborn errors of metabolism in newborn babies these days. The association of coffee with bladder cancer in women was no different whether decaffeinated, non-decaffeinated, regular or instant coffee had been drunk, or whether the coffee was brewed strong or weak.[42] The risk of bladder cancer for men is slightly lower than for women, according to studies.[43]

Since cancer is caused by an alteration in the chromosomes and the nuclear structure of cells, and since caffeine is known to damage chromosomes, it seems reasonable on purely theoretical grounds to suggest that caffeine would be instrumental in causing cancer and should be eliminated from the diet of humans. Of course, it is not merely theoretical that an association can be shown between brown drinks and cancer in population studies involving whole countries.

In addition to direct damage to cells, other factors seem to be necessary before a cancer can be produced. A virus and a native susceptibility both seem to be required. The viruses of cancer probably have their reservoir in animals we use for pets or food, and the native susceptibility appears to be due to some weakness in a person's genetic makeup. An example of the native weakness would be fair skin and blue eyes as a susceptibility factor in getting cancer of the skin. Similarly, some individuals appear to be more susceptible than others in getting cancer of the lung from smoking. Fruit flies, and human and mouse cells grown in test tubes all show inability to repair injuries in chromosomes when they have been exposed to caffeine.

We may all know someone who has indulged a particular bad habit for an entire lifetime, apparently without major ill effect. In fact, some of these "survivors" even attribute their longevity to their habit. All of us have heard the old timer quip, upon being asked the secret of his long life, "I drank eight ounces of brandy a day," or "I only smoked hand-rolled cigarettes," or "I always drank my coffee black." But these are literally only the survivors. And yet how willing we are to take this advice as sage and tested as an excuse to enable us to continue our indulgences. If a San Francisco newspaper prints a headline saying, "Man in Superman Costume Survives Golden Gate Plunge," how many people would go out, rent a superman costume, and jump off the bridge, thinking they had found the secret for a high, safe dive and a cool swim on a hot summer day? You're right, few indeed. The odds in any case, be it bridges, caffeine, nicotine, or alcohol, are decidedly against the human race. It is frightening to contemplate that such a widespread habit as the use of caffeine is most surely weakening the entire race, and causing permanent loss of certain faculties of mind, or resistance to disease through the mutation damage to chromosomes. This common and very pleasant habit could be characterized as a type of genocide! It is possible that the tendency for older women in comparison to younger to have more Down's syndrome children is related to a longer time of repeated exposure to mutagens such as caffeine. In Utah, where the population is chiefly Mormon, there is a low rate of miscarriage, the lowest in the nation. Some researchers believe that since caffeine causes some of the same effects on the unborn baby as radiation, it seems reasonable to ascribe some of the damage and fetal wastage in miscarriage to the use of caffeine. One cannot help but Wonder if the high rate of miscarriage is not a blessing in disguise to prevent the birth of so many chromosomally damaged persons who would live to reproduce themselves and hasten the weakening the human race. It must be stressed that we are speaking of spontaneous miscarriage and in no way promoting, condoning or suggesting any other type of fetal death.

Childbirth and Caffeine

Speaking of mothballs in the gas tank—it is much more destructive to a little car. A group at the University of Washington in Seattle found that children born to mothers who had consumed large amounts of caffeine during their first months of pregnancy showed less ability to be active at birth, and had poorer than average muscle tone.[45]

In one study an increased caffeine use was tied to a significantly higher incidence of breech birth, as well as to greater numbers of miscarriages or fetal deaths. Among 1,529 women in this study a mere six said they took no caffeine in any form before or during pregnancy! Diastolic blood pressure was increased by caffeine in volunteers by about 14% and breathing rate by 20%. Heart rate dropped slightly at first, but climbed again after an hour. Many of these effects lasted for about three hours. (Ref. *Medical World News,* April 16, 1978, p. 8, *Postgraduate Medicine,* Sept. 1977, p. 65) Caffeine can cross the human placenta and enter the fetal sex glands (ovaries or testes). [46]

Adverse effects *of prolonged administration of caffeine on rat fetuses include the following list:*

- High rate of miscarriage
- Physical deformities visible to the naked eye
- Swelling of the fetus
- Formation and hardening of bones delayed
- Blood cell formation retarded
- Blood cholesterol elevated
- Lenses of the eyes become opaque
- Hemorrhages beneath the skin
- Marked congestion of placental capillaries, causing labor complications
- Short and kinky tails
- Hydronephrosis and kidney absence
- Malformed face and mouth
- Defects in toes, front and back[44]
- Reduced brain and liver weight

Osteoporosis

One innocent-looking cup of coffee taken daily causes 1.4% loss of bone calcium per year in women past the age of 50 years. That's 14% per decade! Far more important than prescribing estrogens, pushing calcium pills, and urging milk-drinking for osteoporosis is simply to tell people to stop using brown drinks and related products.

Other causes of osteoporosis in our American population are not difficult to find. The fast food outlets serve a heavy load of phosphates to their customers. All soft drinks are likely to be chemically laced with phosphates. Read the ingredients on the container. As phosphates go up, calcium goes down in the blood. Besides soft drinks, red meat, processed meat, cheese, instant soups, and French fries all carry big loads of phosphates.

We can easily see why American women are getting so much osteoporosis. It isn't the lack of calcium in the diet! Not at all. It is the loss of calcium caused by our imbalanced nutrient intake. And if you add to the above causes of calcium loss from the bones such things as smoking, alcohol, steroids such as cortisone and prednisone (even if used as skin creams) birth control pills, thyroid supplementation, high salt use, high protein foods, vitamin A or D pills, antacids containing aluminum (such as Amphogel, Digel, Mylanta, Rolaids, etc.) and tetracycline type antibiotics, you have very powerful factors causing osteoporosis. We recommend plenty of sunshine, a vegetarian diet and lots of exercise to prevent or treat osteoporosis.

Ordinary servings of legumes (beans and peas), seeds, greens, and blackstrap molasses, contain as much calcium as equal measures of milk, and whole grains and ordinary vegetables also supply generous quantities of calcium.

Caffeine-Free Coffee

A widely used solvent called trichloroethylene was once employed in the decaffeination of coffee and is still used in foundries to clean metals. This chemical has been reported as carcinogenic in animals. While the experiments involved large doses, it is not reassuring to know that those decaffeinted brews of only a few years ago were subjected to trichloroethylene.[47]

There are other things in coffee, both regular and decaffeinated, besides caffeine, that enhance the ability of the beverage to cause heart disease, cancer, central nervous system stimulation and diseases of the digestive tract. The coffee oils called caffeols are still present, and these are irritating to the stomach and to the remainder of the digestive tract, stimulating more acid production. Studies on young rats showed that caffeine-free coffee given to these animals significantly retard their rate of growth, confirming in yet another way the presence of harmful substances other than caffeine.[48] So the belief that switching to a 97% or even 100%

caffeine-free beverage will solve all the problems is wishful thinking.

Quite frankly the use of decaffeinated coffee or other beverages in place of the caffeinated ones is like trading a sharp stone in your right shoe for one in your left. These drinks usually tend to cause food to taste dull due to the interference with taste and smell. Elderly people in particular may suffer from the use of decaffeinated beverages, and seem to be those most likely to switch from the caffeinated beverages. The reduction of food appreciation has to do with the loss of appreciation of the taste of salt with subsequent oversalting.[49] It is certainly unfortunate that as the quality of life becomes so important because the larger part of the quantity is behind us, the old habit patterns start wielding their greatest destructive influence.

Breast Disease and Prostatic Hypertrophy

Back a bit we identified the name of an enemy. Certain naturally occurring plant chemicals called alkaloids, have a subgroup called "the methylxanthines" (caffeine, theophylline, and theobromine) which step up cell growth rate in some glandular tissues by prolonging the hormonal and growth stimulating activity of a body chemical called cyclic AMP. This is the chemical already referred to which helps make energy in cells. The way that poisons operate in the body is by interfering in the normal activity of certain body chemicals such as enzymes. True to their classification as cellular poisons, "the methylxanthines" interfere in the work of the enzyme phosphodiesterase, which breaks down cyclic AMP, shutting off the signal to stop producing energy or stop growing. Therefore, those glandular tissues which are sensitive to cyclic AMP continue to grow. This factor increases the likelihood of disease in these glands, and in the breasts such diseases as cysts and fibrous tumors, the so-called fibrocystic breast disease that has been observed in those exposed to methylxanthines.

A young physician with full-blown fibrocystic breast disease was in the habit of consuming a massive quantity of methylxanthines daily; about 1,300 milligrams. She and her surgeon talked it over and it was decided that she should stop using beverages containing methylxanthines (coffee, tea, colas and chocolate) to determine if her benign breast disease would disappear. Within a month, the lumps in her breasts started to subside. By two months, the fibrocystic disease had disappeared. It was not without a struggle, as she suffered severe withdrawal headaches that could not be relieved even by her headache medications.

Now we know a good remedy for withdrawal headaches, dizziness and other symptoms from leaving off brown drinks. Simply have a cup of coffee or other brown drink in the refrigerator. If symptoms begin, take a tablespoon of the drink. Wait 30 minutes and repeat if symptoms have not disappeared. Take a tablespoon as needed.

Dr. John P. Minton of Ohio State University in Columbus, has examined and determined healthy breasts to have 5.8 picomoles (a form of measure) of cyclic AMP per mg. of protein as compared with 9.7 in fibrocystic nodules, and 30.8 in malignant breast tissue. Since women with fibrocystic disease have four times the normal risk of breast cancer, it seems wise to advise women everywhere to cut out methylxanthines as a breast cancer control measure.[50] Breast cancer is a very common and serious disease of women.

Chocolate

An evaluation of chocolate should, it seems to us, result in a judgment to condemn chocolate as a suitable food on three counts: (1) its inherent chemical toxicity, (2) the additives required to make it palatable, and (3) the contaminants that occur in chocolate due to unsanitary methods of harvesting and primary manufacture. Let's take a look at these one at a time.

The Inherent Chemical Characteristics of Chocolate

As chocolate grows naturally it is highly unpalatable, being bitter and unpleasant. The processing of chocolate is such that it becomes highly alkaline, making it even more bitter, a process in itself considered to be unhealthful. A bitter taste is generally considered unpleasant. It is a taste usually associated with harmful alkaloids, pyrolysates and other poisonous substances. An unpleasant taste sensation is a warning signal that something potentially injurious is in the mouth. Masking the injurious agent with sugar and flavorings does not eliminate the danger.

Theobromine in chocolate is the principle methylxanthine, one of the harmful alkaloids which cause abnormal gland growth, central nervous system stimulation, sleeplessness, depression, and anxiety. Theobromine is present in breakfast cocoa in the amount of 1-2%![51] Theobromine salts are known to cause an upset stomach, flushing of the skin with a warm sensation and generalized or localized itching. The kidneys and liver are mainly involved in detoxifying and excreting the drug. If the kidneys are underactive, theobromine can accumulate to high blood levels.

Other methylxanthines, possibly caffeine and theophylline which also occur in chocolate, increase the undesirable features of its chemical make-up. The toxic pharmacology of theophylline includes irritation of the stomach, with discomfort, nausea and vomiting as well as stimulation of the central nervous system. Recently chocolate has been incriminated in the possible production of enlargement of the prostate in men. Since nodules in the prostate similar to tumors in the breast are known to increase risk of cancer, every effort should be made to prevent these growths.

All brands of cocoa contain more tannin per cup than the estimated 2 grains per average cup in tea. Tannin has been implicated in certain cancers of the digestive tract.

Children will be more likely to have a bedwetting problem if given cocoa. Caffeine content may be as high as 112 milligrams per cup of cocoa beverage. It is believed that cocoa interferes with calcium absorption. The high phosphate levels that develop during the metabolism of cocoa result in depressing the blood level of calcium. Therefore, contrary to advice sometimes given by doctors and dieticians, chocolate milk is not a good way for growing children to get calcium![52]

The cocoa consumed by children may actually tie up calcium and other nutrients they get from such excellent sources as vegetables, whole grains, legumes, and greens. Chocolate contains 0.45 to 0.49% oxalic acid. Oxalic acid may combine with calcium to form an insoluble compound, calcium oxalate, which passes out of the body, further reducing the amount of available calcium in the gastrointestinal tract.[53]

Additives Required to Mask Bitterness

A large amount of sugar is necessary to make chocolate palatable. Sugar interferes with calcium absorption and utilization, reduces the ability of white blood cells to destroy germs, interferes with thinking, fosters disobedience and misbehavior in children, and promotes decay of teeth and peptic ulcers. Furthermore, some kind of oily emulsion must be combined with chocolate in order to eliminate its unpleasant flavor and grainy consistency. Generally this emulsion is milk, cream, or oil which produces a rich and unhealthful food. Any reasonable serving of chocolate milk later is certain to slow digestion and cause fermentation (partial splitting of large molecule nutrients). When eaten, fats can cause red blood cells to cluster together in groups, blocking capillary circulation in the brain and reducing mental performance. Chocolate milk is definitely not a food for school children.

In 1988, an elementary school teacher in southeast New Mexico, suspecting chocolate to be the culprit behind the often unacceptable behavior of his students, decided to conduct a little experiment. Although his students had a habit of bringing an abundant store of chocolate confections every day to consume at recess, lunch and any occasion they could find, he restricted its use for one day until the very last period.

With one hour to go in the school day he passed out a math test containing a number of problems of moderate difficulty. The students were soon lost in a quiet world of numbers. The teacher walked among them, noting the neat and careful work being done. Fifteen minutes into the test, the teacher distributed a thin chocolate bar to each student. Eagerly opening their treats, the students were soon munching and ciphering away. After only a few minutes, a strange change came over the class. The quiet earnestness was replaced by a restless distraction. The precision of the written characters became sloppy. Minor annoyances gave rise to arguments and general unruly behavior. And for the most part the students were no longer able to work the math problems.

The experiment was not done under scientific conditions, but it was enough to convince the teacher that chocolate, or something in it, was no friend to education.

The Contaminants in Chocolate

Most cocoa beans are produced in countries where sanitation levels are generally far below those in the U.S. Here is some information both interesting and useful:

The cacao is a small, beautiful tree, indigenous to the tropical regions of the world, where millions of pounds of chocolate, milk chocolate, and cocoa powder are produced annually. Tropical areas in the western hemisphere as well as Ghana, Nigeria, French West Africa, Samoa, Madagascar and Ceylon are all growing these ornamental and commercial trees. The fruit of these trees became a commercial product for world-wide consumption in the 17th century. Cortez is credited with introducing the cacao bean to Spain in 1528. Cane sugar was just becoming commercially prominent at that time and was used to sweeten the chocolate drink. It was first used as a cold drink and was often made quite thick, so that a spoon could stand upright in it. Chocolate shops were opened in London as early as 1657 to sell the fashionable drink to the wealthy.

Cacao is the term used to refer to the tree, and its farms are called cacao farms. Cocoa is defined as the food prepared by heating and grinding the "cleaned" cacao beans. Chocolate is the solid or semiplastic food prepared by finely grinding to the point of pulverizing cocoa. It must have a minimum of 50% fat. The term cocoa is also used to indicate the ground powder made from the pulverized cake left after cocoa butter has been pressed from the ground cacao bean. Cocoa butter is the cocoa fat, solid at room temperature with a melting point between 92∞ and 94∞. Cacao beans are produced in pods from 6-10 inches long when mature, varying in color from green through reds and yellows. Each pod contains 25-50 beans and one pod may yield 1-2 ounces of dry beans. The average tree bears the year around, but yields only 20-50 pods or about 2 pounds of dried beans per year. A pod has a white pulp which is delicious to the taste and used to make a fresh drink or dessert jelly, but the seeds are bitter and astringent. They have a white, very pale violet or deep purple color. It is from the seeds that chocolate is made. The pods are cut from the tree and sorted according to type or quality. The pods are opened and the beans scooped out. Now all is ready for the fermenting process which takes from 3-8 days. At the peak of the fermentation, the temperature may reach 140∞ F. The fermentation is accomplished in boxes, on mats, or in wicker bags. The fermentation is essential for the development of the chocolate flavor. During the fermentation process, the bean's own enzymes and wild yeasts enhance the fermentation process.

Fermentation generally occurs in the yards of the local farmer. During this process, children and adults walk over the piles; insects, rodents, small animals and other living things make their nests in the piles, and any type of contamination may occur during this primary part of the manufacture of chocolate. It has been shown that large quantities of aflatoxin (a cancer producing agent from molds) can be found in cacao beans.[54] Aflatoxin contamination of cocoa has been reported by many chemists. Aflatoxin is one of the most potent known cancer producing agents. In a booklet published by the U.S. Health and Human Services Department entitled "The Food Defect Action Levels," a specifications listing of "current levels for natural or unavoidable defects in food" lists the natural defect levels in chocolate in the form of "insect, rodent, and other natural contaminants" that are allowable by the FDA. *Allowed in chocolate and chocolate liquor used in the manufacture of such products as Hershey's chocolate, are up to 120 insect fragments per cup (8 oz) or two rodent hairs per cup. An ordinary Hershey's chocolate bar* *is 11/16th ounces, meaning that every time you eat a chocolate bar, it may contain a rodent hair and 16 insect parts and still carry the blessing of the FDA.* When I read these specifications, I am very happy for carob and its many chocolate-like products which have much less likelihood of contamination.

After fermentation, the seeds are sun dried or kiln dried and then are ready to be shipped to the chocolate manufacturers. At the factory, the beans are roasted and fed into a machine which cracks them and blows away the hulls or shells. The cacao beans are then ground on steel rollers. Since the beans contain 53-54% cocoa butter, the grinding process results in a chocolate "liquor" with a consistency much like thin peanut butter.

An additive to alkalinize the acid beans or "liquor" further darkens the cocoa and alters the flavor to make it milder. The cocoa butter is separated through enormous pressure and heat, and is used in pharmaceutical preparations, cosmetics, soaps and other products. Since sugar and fat both tend to exude from candy, additives are placed in candy to prevent the surfacing of these materials. Various additives or modifications of the fat have been tried but none is completely satisfactory in preventing the migration of fat. Rancidity of fats can usually be detected after storage at 86∞ F from 6-12 weeks. The unpleasant flavor heralds the presence of the harmful change that occurs with aging of fats. Rancidity can be delayed by adding various ingredients including brewer's yeast or concentrates prepared from oat flour in amounts equal to about 3% of total batch weight. Protein whipping agents are added to provide lightness of texture and further imbalance the nutrient content toward richness.[55]

For chocolate powder or pressed cakes there must not be more than *75 insect fragments in three tablespoons* of the powder. Many individuals who believe themselves to be allergic to chocolate are in fact allergic to the animal parts that are in chocolate. Four percent of cacao beans may be infested by insects. **Animal excreta (such as visible rat droppings) must not exceed 10 milligrams per pound!**

Should you like to have further information about this matter you may obtain materials from FDA Guidelines and Compliance Branch, Bureau of Foods (HFF-3 12) 200 C. St. S.W., Washington, D.C. 20204.

It seems uncanny that chocolate ever could have been considered a special food for children. *The Ladies Home Journal* back in October, 1930, carried an ad for Baker's Cocoa that read "The weekly treat became a daily delight and Jimmy's weight went up." What a shame that children have ever been allowed to have any product from cocoa. Even though chocolate might induce children to drink more milk and eat more sugar and fat, in mice experiments the extra milk does not result in improvement of the nutrition, but only makes their body fat greater![56]

One 11 year old boy was hospitalized for abdominal pain and vomiting blood. He had suddenly developed tiny spots of hemorrhage in his skin all over his body called "purpura." It was discovered while he was in the hospital that his attacks of skin hemorrhage and abdominal pain could be brought on within a few minutes of giving chocolate either by mouth or by a scratch test in the skin.[57] Chocolate is also a common cause of *pruritus ani,* an uncomfortable itch around the anus, the terminal part of the rectum. Stopping the use of chocolate by these sufferers results in prompt cessation of the itch.[58]

As for us, our level of fastidiousness in foods would make any one of the above mentioned features banish chocolate permanently from our dietary. A good substitute for chocolate is available that has a much greater likelihood of being grown and harvested under sanitary conditions. We speak of carob. On all three counts it is a better product than chocolate. It is easier to work with in food preparation than chocolate, and is highly palatable. It has a mild flavor and natural sweetness. We recommend it as being superior to chocolate or cocoa.

Tea Drinking

The pilot of a private airplane collapsed at the end of a flight which was begun in mid-morning after a strenuous golfing session the day before near a desert town. He had been drinking a large amount of beer in the evening before the flight, and two cups of coffee just before take-off. Since each of these activities is either dehydrating or diuretic, it was felt that the collapse of the pilot was due to acute dehydration. The only remedy needed was drinking 8-10 glasses of plain water during the next 50-60 minutes. A state of chronic dehydration apparently often occurs in brown drink users. It is certainly one of the commonest causes of fatigue and weakness. Although users of brown drinks believe themselves to be well hydrated since they are constantly drinking, they actually lose fluid through the diuretic effect of these drinks, and the end result is dehydration.

The person is actually wilted and feels it too!

Drinking 4-6 cups of tea daily can create a vitamin deficiency particularly of vitamin B-1. It is also known that the use of caffeinated drinks increases the need for vitamin B-12. Fatigue, nervousness, and loss of appetite are all symptoms of B-1 deficiency. It has been demonstrated that B-1 falls in the blood the week after tea drinking by volunteers, even though they consumed only standard amounts of the tea in their diets. Tannin, a component of tea known to bind the vitamin irreversibly may be the culprit.[59] Tannin is also known to interfere with iron absorption.

All the methylxanthines can cause goiter and increase the action of the known goitrogen, propylthiouracil. Theophylline is the most active in this regard. While all the foods and beverages which contain methylxanthines can produce goiters, this is the most damaging, and tea is highest of the brown drinks in theophylline.[60]

How to Quit Using the Brown Drinks

1. Do not allow leisure time to accumulate, as idleness produces self-indulgence.
2. Keep a diary as the act of writing the forbidden matter will have a deterring influence.
3. Control the diet rigidly. Avoid overeating, the use of sugar and other concentrated sweets, and the use of all oils.
4. Since drowsiness may occur with stopping the use of caffeine, a brush massage before a shower acts as a natural stimulus. Take short rotary or long slow strokes with a fairly stiff brush on the skin moving toward the heart.
5. Take a tepid bath for 20 minutes once daily or when needed for nervousness. Take a cool or short hot bath (3-8 minutes) followed by a brisk rubdown with a coarse towel when needed to combat drowsiness.
6. Do not allow dehydration to occur, but drink

lots of water and eat much raw fruit and vegetables with their abundance of liquid. Doing without certain drinks is only half the battle. The other half is to drink lots of plain water to lubricate all your tissues, joints, brain, intestines, and skin. Water (and its products) is the only lubricant of the body.

7. Keep a tall glass of cool water handy or a cup of herb tea such as catnip, to replace the habit of sipping brown drinks during the day.
8. Do not become concerned about certain unpleasant symptoms such as dizziness, backache, visual disturbances, etc., as these are withdrawal symptoms and will disappear in a few days.
9. Headache is a serious withdrawal symptom of the brown drinks and can be treated by a 20-45 minute hot foot bath for those who do not have reduction in arterial blood flow to the feet and legs (particularly insulin dependent diabetics). Keep a cold cloth to the forehead if sweating occurs during the foot bath.
10. Put a cup of any brown drink in the refrigerator. If symptoms begin, take a tablespoon of the drink and then wait 30 minutes. If symptoms have not disappeared, take another tablespoon. This procedure may be repeated as needed.

Final Comment

This has been a broadside against the brown drinks. It is our purpose to expose the dangers and even the disgusting nature of these products in the hope that careful persons who desire a healthful and refined lifestyle will not continue to be uninformed. We have tried to bring together all the evidence. Doubtless some has been missed, as we are constantly finding more of which we were unaware. It is to the careful and concerned that we direct this information.

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POISON with a capital C

...a case against coffee & other “brown drinks”

The “brown drinks” are an insidious army of substances related to each other by their similar style of clandestine warfare against the human body. Like the sirens of Greek mythology, the brown drinks are every bit as bewitching. Their song is sweet, but the end is bitter indeed. Preventionists Agatha and Calvin Thrash tell the problems with coffee, tea, colas and chocolate.